

# Washington Massage

# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

John Murray, Editor

April Issue

Port Townsend, Washington

Page 1

## Notice Important Meeting to all Members

Mr. Tom Carter of the Professional licence division of the Washington State License Department of Olympia, Washington, will meet with the Seattle local chapter on April 3, 1960 at 2 P. M. in the consultation room, on the fourth floor of the Medical Arts Building, at second Avenue, and Seneca sts.

Arthur Dunbar, chairman of our legislative committee, has been trying desperately to find a date, time and place that would be agreeable to as many members as possible that would be able to attend this important meeting.

It is for the best interest of every member to be present and learn first hand, from Mr. Carter what we can expect from the Licensing Department and what that department expects from all massage therapists.

You will learn at this meeting what modalities can be legally used by massage therapists and what rightfully belong to the Registered Physical Therapists, the Naturopath, Sanipractor or Chiropractor.

So be there for your own good, as well as having a good attendance to represent the A.M.T.A. and last but not least to show our appreciation of Arthur Dunbar's efforts in our behalf.

Editor

## For Your Information and for the Record.

I have just received a letter from our National President, George D. Gammon, in which he informs me that an application has been received by the National Secretary-Treasurer for another State Charter to be issued to some former members of our Washington Chapter. The reason given by this group is that the officers or members of our state chapter are opposed to having massage therapists give colonic irrigations. A This statement is not only false, it is simply ridiculous.

Please let me state most emphatically that no officer, director, committee member, or member at large, is opposed to Colonic irrigations as far as I know. I am in favor of them. However, I have heard former members who have probably joined the newly formed group, object to colonics given by some of our members. Furthermore, colonic irrigations can now be given freely by Massage Therapists who are trained to give them, without interference from the law. This agreement has been reached by our Legislative Committee and the Department of Licenses. If any change is made in this ruling, we will notify our members to that effect. Colonic irrigations are not a controversial issue at the present time and I hope they will not be again.

As all our members probably know, the State Department of Licenses has warned the Massage Therapists in our state against certain practices, including colonieson several occasions in the past. The only advice given by those in a position to give





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Page 2

advocate has been defiance of the rulings of the Department. The present officers, directors and committee members believe in obeying state laws and the rulings of state agencies winning the confidence of state officials and then working hard to have those rulings changed or modified to conform with justice and fair play. This we have done. We are now in the process of arranging a meeting between an official of the Department of Licenses and our Legislative Committee and inviting all members to attend the meeting. Perhaps you will receive an invitation before this article is printed.

In several sessions of the State Legislative in the past, our Legislative committee has introduced massage bills with colonic irrigations written into them. In every case, the House Committee on Drugs and Denistry has eliminated colonic irrigations and mutilated our bills. Our Legislative committee has withdrawn one or more of them because they were no longer satisfactory. The committee and the officers and directors have finally succeeded in bringing some understanding and order out of chaos. Their efforts have been misinterpreted by their critics and they have endured abuse, but if their present plans materialize, they will reach the objective they have been working for and a new day will dawn for Massage Therapy in our state. I do not know at the present time just how broad our field of operations will be. That will be determined at the meeting. Whatever the outcome, we will have made more progress than at any other time since Washington Chapter received its charter. I wonder if that would bring in new members and bring back former members. I doubt it.

I salute our Legislative Committee in advance and all the rest of you. Sooner or later we will be able to feel secure in practicing what we have been trained to do, provided we do not violate the rights of others. Those rights will soon be frankly discussed and agreed upon by everyone concerned.

Pete I. Eitrein, R.M.T.

Pres. Wash. Chapter.

Just the minute you get satisfied with what you've got, the concrete has begun to set in your head. A procrastinator is one who puts off until tomorrow the things he has already put off until today.

Our National Secretary, Samuel C. Dahlgren, R.M.T. of Fargo, North Dakota, who is earnestly striving for a bigger and better massage therapists association, writes the following article. He enclosed a note to me to use any part of it I wished. I am going to give it to you in its entirety. His article is from actual experiences in trying to fathom our problems. I am with him, in that we need membership. Strong membership and we need that strong membership to be properly trained and qualified.

Editor



Dear Mr. Murray:

Thank you for the Washington News letters that I have received, for quite some time. I do like to hear the news from Washington. Thanks for the articles on school curriculums by yourself and Mrs. Guntley. This was enlightening to me as I have visited a number of places down south and also west.

I also visited a school south of us here in North Dakota, some 800 miles and this school stressed clinical works new city ordinances in the 2 largest cities in Missouri required this. Thus, it seems like quite a number of the larger cities are getting massage ordinances where there is not state law. Consequently, it behooves us to work harder for our State Chapters to get their own law.

These 2 ordinances in St. Louis and Kansas City are quite fair to the massage therapists. The Kansas City School of Massage in Kansas City, Mo. has a very good curriculum and approved by the Kansas City Health Board, and has 500 lecture hours in class work, clinic work of 350 massage treatments and 100 hours of hydro therapy. Before they can graduate it is required that they have 100 hours of clinical teaching of new students, coming to this school. A total of 1200 hours. In every instance where I visited they were asking rather these city ordinances were asking for 500 to 600 hours of lecture class work and from 400 to 600 hours of clinical work. If it does not go over this I will be satisfied. We are going to have to watch these cities where they are attempting such ordinances as in one city further east, they put through an ordinance that just about puts the Massage Therapists out of business. We are going to have to be awake and fight for our cause.

In regards to the circular I sent you on the Massotherapist news letter - I have not found out where this money is coming from, or if it is just a myth.

I have had letters from both our congressmen and they told me that this money is not coming from any Government source, that this congressman Mr. Kent has dis-associated himself with this news letter.

I have also made inquiries in Washington to find out more on this, also have asked the Multiple Sclerosis Society and the Society for Arthritis as to where the money is coming from, if it is from them.

I have heard from quite a few of the states where the reflex people have been arrested for practising medicine. Now, why do we do this - it hurts our massage profession? It is an honorable profession and we should work toward making it more so, and also work towards getting this work licensed in every state, and they try to keep our association strong.



I have often been asked - - "Why? Who is going to send in the names for the Governor to choose members for a State board when a Massage law has been passed?" "Who is going to watch the law for infringements whenever the Legislature meets?" Therefor, I say, we must have a good and strong massage association to watch these things and keep our massage profession in the foreground and not let it slip way down where no one hears about it, or cannot succeed.

I have watched the bills coming in to our own legislature for the past 20 years and have been there at most of them. All healing professions have someone there watching the bills that are introduced, to see if there are to be any infringements on their respective professions.

I want to sum it up thus, I am not against these other therapies as advertised by some of the massage therapists, but in school we are all taught massage and we do learn some of these various procedures. However, at that time we do not think of them as anything else. All these other things are just one part of massage, the combination is a massage profession, not a trade. I have not heard of any of these other separate therapies band together and form an association for the furtherance of their cause.

I am all for a stronger massage therapy profession, for I find that the medical profession does not say very much against those who practice massage and advertise only as such.

Sincerely,

Samuel G. Dahlgren, Nat'l Secretary-treas.

### Learn to Live without Nerve Tension

I have chosen to write on the subject of nerve exhaustion because this seems to be a common ailment of American people.

We think of only women as being high strung and nervous, but we have found many men suffering from nervous fatigue and trying desperately to overcome it with pills while at the same time no effort is being made to correct faulty diets, get more fresh air, or more rest and sleep.

My advice was asked concerning a man who worked at an office job. His wife said that about 3:00 Pm. M. he was so sleepy and exhausted he simply could not apply his self to his work. Knowing they were people who ate good sensible meals, I knew this was not the problem, but I suspected lack of oxygen for one thing.

So I told her to have him take a walk during lunch hour, breathe in deeply thru nose, hold breath while counting, to ten then expell air thru mouth. While this may sound silly, it has the same effect as pills given to dilate the veins to allow more oxygen to enter the body.



I also recommend strong vitamin B Complex for a few weeks. To this man's surprise he was feeling much better within a few weeks.

Muscular fatigue will leave after a good night's rest but chronic fatigue sufferers have a more difficult problem. Chronic fatigue involves the health of the nervous system and through it the health of the entire body.

We have two nerve systems, the sympathetic and the central. The sympathetic nervous system embraces all the nerve cells and fibers that supply the viscera, or vital internal organs, the lungs, heart, liver, kidneys and intestines.

The central nervous system includes the spinal cord (nerve) (cable) and the brain.

The nerves are our communication system from the various organs to the brain. A nerve that is fatigued or famished is no longer adaptable, it is irritable, and its power of conductivity falls far short of normal.

Nerve cell energy is required for breathing, digestion, glandular secretions, food assimilation, waste elimination and many other bodily functions.

Nature has set up what we shall call transformer stations, which protect the brain from a flood of impulses. People suffering nervous breakdowns or women going thru the Menopause, many times have impulses, depression, a flood of emotional worries, extreme nervousness and many odd and frightening sensations which lead them to believe they have serious physical diseases. While actually the disturbance is caused by nerve exhaustion, resulting from inadequate relaxation, poor nutrition, over work, and constant nerve tension.

Normally the "transformer stations" I spoke of earlier, controls the nerve impulses that reach the brain, sorting out the thoughts and allowing only one thought to enter the conscious brain at one time.

You will find people suffering from many nerve disorders, have difficulty concentrating on any one thing, often can't talk of anything but how miserable they are, and many times do not even feel up to making a definite decision on appointments or family plans.

The lower the nerve energy in these "transformer stations" along the nerve communication lines, the greater the flood of unwanted impulses that reaches the conscious brain, only to be transmitted right back to the physical organs in the form of uncontrolled emotional impulses which in time can lead to physical disorders if the condition is not corrected.

Most victims of chronic fatigue hover around the so called neurasthenic level, with symptoms that include restlessness, irritability, morning tiredness followed by a pep up later in the day, persistent headaches, heartburn, indigestions pains, constipation or diarrhea (or an alternating siege of both) vague fears and anxieties,



and shooting pains throughout the body. Page 5

My first step toward helping a person suffering from this type of trouble is to explain what causes the odd sensations as this removes the fear from their mind. Then I usually have them start with two treatments a week and gradually decrease treatments as their condition improves. Muscular fatigue will leave after a good night's sleep.

The treatment relaxes muscles and nerves, increases circulation and stimulates and increases the organic actions, which are always slowed in chronic fatigue. We have two nerve systems, the sympathetic and the parasympathetic.

It is important to make sure the organs are functioning normally. The juice of half a lemon in warm water will flush kidneys if taken  $\frac{1}{2}$  hour before breakfast (no sugar added).

The central nervous system includes the spinal cord (nerve) and the brain. I also think strong Natural B Complex pills are good as they speed up the recovery also a walk every day to increase oxygen intake.

The nerves are our communication system from the various organs to the brain. A nerve that is fatigued, T.M. Mann, R.N. is irritable, it is irritable, and its power of conductivity falls far short of normal.

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